



WILBRAHAM SENIOR NEWS



45B Post Office Park • Wilbraham, MA 01095

Phone (413) 596-8379 • Fax (413) 596-8546

Volume 21, 11

NOVEMBER 2015



THANKSGIVING DINNER—A LITTLE EARLY!

Join us on Tuesday, **November 17 at 12 noon** for an early Turkey Dinner! A traditional menu of roast turkey with gravy, cranberry sauce, mashed potatoes, stuffing, butternut squash, dinner roll and apple pie will be served. Following the meal, entertainment will be provided by Ritchie Mitnik with a special guest. Cost is \$2 per person, payable at time of registration. And as always, space is limited so please stop in today!

MEMORY SCREENING

November is National Alzheimer's Disease Awareness Month and the first week of November is National Memory Screening Week. Orchard Valley of Wilbraham is partnering with the Wilbraham Senior Center to provide memory screening for the residents of Wilbraham and surrounding communities. A memory screening, like most routine health screenings, is a simple, non-invasive check-up that consists of a series of questions and tasks designed to gauge memory, language and thinking skills. Memory screenings are a significant first step toward detection of memory problems. Memory screenings consist of a series of questions and tasks and last about 10 minutes. It's important to keep in mind that screenings are not a diagnosis. **Nov. 9, appointments starting at 10 am.** Call 596-8379 to register.

HAVING THE BLUES

Interim HealthCare presents: "Having the Blues is not a Normal Part of Aging: Depression and Senior Health". Larissa Nigro will discuss depression, the symptoms, some of the treatments and how you can help yourself or someone who is depressed. We will review the Geriatric Depression Scale and Louis & Clark will provide a sun lamp to be shown as aid to help in the treatment of depression. A bag of sunshine (gift bag) will be provided to each attendee. DATE: **November 16 at 10 am.** Call to sign up at 596-8379.

TELEPHONE WELLNESS CHECKS

The Senior Center is starting a program through our Social Service Department—"Telephone Wellness Checks". The phone wellness check program will contact Wilbraham seniors who are homebound by calling them two days a week to help to reassure their well being and give them a feeling of security. The telephone reassurance system eases the concern of friends and family who may find it difficult to maintain consistent, reliable contact for the individual. If you are homebound or know of someone who would benefit from this program, please contact Barbara Harrington at 596-8379. An application form will be completed prior to participation in the program. All information is kept confidential. This is a wonderful service that we hope to expand with volunteers in the near future.



VETERAN'S CELEBRATION

Free Veterans luncheon open to any Wilbraham veteran, sponsored by a generous donation from Country Bank. Held at the Country Club of Wilbraham on **Tuesday, November 10 at 12 noon.** You must pre-register at the Senior Center, 596-8379. Speaker and entertainment provided.



On **Wednesday, November 11, at 11a.m.** in Crane Park we will be celebrating our Annual Veterans Day Ceremony. This is a wonderful way to thank all the Veterans and to remember those who have made the ultimate sacrifice! This will be our Veterans Agents last Veterans Day celebration, please join us as we send him off with best wishes on his retirement. Hope to see everyone there.



HEALTH & FITNESS PROGRAMS

HEALTH PROGRAMS

Free Blood Pressure Readings, **Tuesdays, 11-12 noon.**

Foot Care Nurses, **November 12,**
Cost is \$29.



Foot Doctor Cindy Galavotti, **No-
vember 4** and cost is \$35. Call 596-8379 for an appointment. Also available for home visits.

Baystate Hearing Aids, **November 18,** 10 a.m to 12 noon, for free hearing aid cleanings & hearing screenings. Free in-home service also available. Call to sign up.

SHARPS containers are available FREE at center, with list of where they can be returned when full.

FITNESS PROGRAMS

YOGA—every Wednesday at 12:15 and Fridays at 11:40 taught by Heather Croze, owner of Harmony Way. Fun class format is for everyone. \$5

Senior Center Fitness Equipment— recumbent bike and treadmill. A Dr's. note and training by Mary Ellen is required prior to first use. See Mary Ellen if you have any questions.

Line Dancing on **Wednesdays at 1:40 p.m.** Beginner Line Dance class on **Fridays at 1:40 p.m.**

Tai Chi, **Wednesdays** at 9 a.m. FREE!

Zumba Gold—**Wednesdays at 11 am & Fridays**

at 10:30 am, \$5.

Chair Exercise, **Tues. & Thurs. at 10 a.m.**

Mary Ellen's Adult Exercise Class, **Tuesdays & Thursdays at 10:40 a.m. FREE!!!!**

Gentle Exercise, **Wednesdays, 10:15 a.m.**

SPA PROGRAMS

Sole Food Reflexology—Dawn Dietrich, certified foot reflexologist, will be at the Senior Center on **November 6, 13, 20** for appointments. Cost is \$10.

MANICURES AT THE CENTER—Manicures by Cathy Rasid, licensed manicurist. Basic Manicure \$10, includes nail shaping, filing, soaking, cuticle and skin conditioning with clear polish. Nail Polish Application \$10, includes nail shaping, filing and Vinyl-Lux Premium Polish. Complete Manicure \$18, includes all above. Call Cathy at 413-335-7422 for an appointment. **November 3 & 17.**

CHAIR MASSAGE AT SENIOR CENTER—Chair massages, provided by Ann Ambrose, owner of the Massage Center of Wilbraham, will be offered on the 1st Friday of each month. There is no disrobing involved. Cost is \$10 for 10 minute massage. Call 596-8379 to register for **Nov. 6.** Very relaxing!!



Call 596-8379 for appointments!

PARAFFIN HAND TREATMENTS



Hands need pampering? Enjoy a relaxing Paraffin wax treatment and hand massage, compliments of Home Instead Senior Care. Join us on Monday, **November 30.** Please call for FREE appointment, starting at 10 am. 596-8379. Your hands will thank you!

IDENTITY THEFT PROTECTION

Luso Federal Credit Union will be at the Senior Center on Monday, **November 23rd at 10 am** for a presentation on Identity Theft. Learn how to protect your personal information from getting into the wrong hands. Please call 596-8379 to register for this informative program.



LOCAL AUTHOR

Guest Local Author, Jacqueline T. Lynch will be visiting the Senior Center on Thursday, **November 19th at 1:30**. She will be talking about the first book written about the career of actress and singer, Ann Blyth. Ann Blyth has shown remarkable diversity in a long and varied career- from childhood on Broadway to her Hollywood dramas, comedies, and lavish MGM musicals, concert performances, and thousands of benefits where she is remembered as an exquisite performer of grace and elegance. The author Jacqueline T. Lynch, has published books on film criticism, New England history, several novels and plays. Please call 596-8379 to register for this interesting speaker.



DONATIONS

Thanks to those who have donated to the Friends of Wilbraham Seniors, Building Fund and Senior Center:

Friends Donations

Anon
Armida, Gina
Bennett, Jean
Blanchard, Jean
Cavros, Carole
Chapin, Betty
Clark, Ann
Cote, Carol
Crogan, Yvette
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Dubord, Virginia
Ferreira, Nancy
Fiorentino, Sam
Gallarani, Maria
Iellamo, Dorothy
Katsanos, Helen
Krol, Ed/Gina
Kuhn, Donald
Kukulka, Dorothy

LaPlante, Janice
Levesque, Barbara
Logan, Charlotte
Ludwig, Franklin
Maggi, Joan
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Paton, John/Noreen
Post, Jenine
Prendergast, Catherine
Ptaszkiwicz, Lois
Salemi, Ann
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Sloat, Jasper
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Szaban, Walter/Helen
Toothill, Lorraine
White, Roger/Constance

Building Fund Donations

Clark, Ann
Salemi, Ann
Warner, Barbara
White, Roger/Constance
WSC. Kathy Hunter Line Dancers
WSC. Pitch Group
Anon (Honor Elaine King)
In memory of Mark Soukup, from
Hughes, Marilyn

Senior Center

Besco, Mary
Country Bank for Savings
Ahern, Linda/Harold
Metzler, Matthew/JoAnne
In memory of John Geoffino, from
Olga Geoffino

NOVEMBER EVENTS

SHINE Representative will be here in November. Call for appointment.

BOOK CLUB will meet Thursday **November 19, 1:30**, Book is "The Orphan Masters Son" by Adam Johnson.

QUILTING CLUB, **November 12 & 26** at 1:00 p.m.

ATTORNEY DOUGLAS PETERSON, FREE 20 minute consultations on **November 18**. Call for appointment at. 596-8379.

JEWELRY WORKSHOP with Sandy Merrill, **November 18**, 10 am, cost is \$3/class.

MEN'S BREAKFAST in Wilbraham on **Friday, November 20 at 8:30 a.m.** Please call to register—596-8379.

AFTERNOONS: PITCH Mondays, 12:30 p.m., **BRIDGE** Fridays, 1 p.m.
KNITTING ETC. Tuesdays, 1:00 p.m. **RUG MAKING**, Mondays at 1:00 p.m.

Superintendent of Schools

As you may be aware, Hampden Wilbraham Regional School District is pursuing a project that may involve unifying two middle schools. HWRSD parents receive information directly from the schools, but senior citizens might need additional information. Superintendent of Schools Martin Shea will be at the Senior Center on Monday, **November 16 at 10 am.** to answer any questions you may have. Please stop by.



NOVEMBER 2015

Mon	Tue	Wed	Thu	Fri
2 12:30-Pitch 1-Rug Making <i>Chicken Breast Piccata Sauce Buttered Ziti/Broccoli</i> Stop & Shop	3 10-Chair Exercise 10-Manicures 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. Around Town	4 9-Tai Chi 9:30-Podiatrist 10-Reiki 10:15-Gentle Exercise 11-Zumba Gold 12:15-Yoga 1:40-Line Dance Eastfield Mall	5 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes Big Y	6 9- SHINE Rep. 9-Massage Therapy 10-Reflexology 10:30-Zumba Gold 11:40-Yoga 1-Bridge 1:40-Line Dance
9 10-Memory Screening 10-Fallon Health 12-Sen.Lesser's Aide 12:30-Pitch 1-Rug Making 1-Friends Meeting <i>Kielbasa/Mustard</i> Big Y	10 10-Chair Exercise 11-Blood Pressure 1-Knitting Etc. 1:30-Red Hat Meeting VETERANS LUNCH Around Town	11 CLOSED VETERAN'S DAY 	12 8-Foot Care Nurses 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 11:30-Dominoes 1-Quilting Stop & Shop	13 9-SHINE Rep. 10-Reflexology 10:30-Zumba Gold 10:30-Red Hat Trip 12:30-Health New England 1-Bridge 1:40-Line Dance
16 10-Having the Blues 10-Supt. Of Schools 12:30-Pitch 1-Rug Making <i>Mexican Mac/Cheese Carrots</i>	17 TURKEY DINNER 10-Chair Exercise 10-Manicures 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. Around Town	18 9-Tai Chi 10-Jewelry Class 10:15-Gentle Exercise 11-Zumba Gold 12:15-Yoga 1-Attorney Peterson 1:40-Line Dance Wal-Mart	19 9:30-Tap Dance 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1:30-Book Club/ Local Author Big Y	20 8:30-Men's Breakfast (Ludlow) 9-SHINE Rep. 10-Reflexology 10:30-Zumba Gold 11:40—Yoga 1-Bridge 1:40-Line Dance
23 10-Identity Theft 12:30-Pitch 1-Rug Making <i>Asian Chicken meatballs, white rice</i> Big Y	24 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. 1-Friends Board Mtg. Around Town	25 9-Tai Chi 10-15-Gentle Exercise 11-Zumba Gold 12:15-Yoga 1:40-Line Dance Holyoke Mall	26 CLOSED THANKSGIVING 	27 10-SHINE 10:30-Zumba Gold 11:40 -Yoga 1-Bridge 1:40-Line Dance
30 10-Hand Treatments 12:30-Pitch 1-Rug Making <i>Seafood Newburg Rice Pilaf</i> Stop & Shop				

The Friends of Wilbraham Seniors

PRESENTS 6th ANNUAL

HOLIDAY BAZAAR

NOVEMBER 21, SATURDAY from 9am till 3pm

AT THE GARDENS OF WILBRAHAM
2301 BOSTON ROAD



Pictures with Santa from
10am till 1pm

Face Painting



20+ Crafters
Stay for Lunch

Soup, Meatball Grinders, Chips, Soda & Coffee

Proceeds to the Friends of Wilbraham Seniors
Building Fund. Over 70 Raffle items.

DINING OUT GREGORY'S RESTAURANT AND PIZZA PUB

2391 Boston Road, Wilbraham



December 10, 2015—Lunch and Dinner

Coupons available at the Wilbraham Senior Center and at the raffle table on the day of the event. Coupons are good for lunch and dinner.

Call 596-3500 for reservation of 4 or more.

Gregory's Restaurant & Pizza Pub will donate 20% of your bill to the Building Fund

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From the Friends of Wilbraham Seniors

We are almost at our goal !!!

A big hooray goes out to all you wonderful people who are helping us to build up our postage account. We could still use a little more help in striving toward our goal for 2015 of \$4,200 for our postage needs.

It is important to know that we currently mail the Senior News to approximately 2,200 households in Wilbraham 12 months a year. We would appreciate it if you would help us out again with \$1, or \$5 or \$10 or \$20 or more what ever you can spare.

We are very proud of the Senior News and the broad and interesting information that it brings to the senior community. Remember that seniors represent over 34% of the adult population in our little town, and that Boomers are another 18% of the adult population. It's plain to see that our seniors are aging in place and we are retiring in place.

Please lend a hand and help us to build up our postage account. Thank you.

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Future Schedule of Friends of Wilbraham Senior Events

November 21, Saturday, —Holiday Bazaar Crafters-Lunch-Huge Raffle-Santa-& Baked Goods & More
December 10, Thursday, —Gregory's Dine Out— Gregory's Donates 20% of your bill to the Bldg Fund
January 4, 2016 to February 14, 2016 Friends Money Raffle

PLEASE CLIP THIS SCHEDULE AND SAVE

RED HAT YAYA SISTERHOOD OF WILBRAHAM

Winter is here as I am writing in Oct. so I hope things have not been too cold or that other white stuff. Friday, Nov. 13th we are going to Yankee Pedlar in Holyoke followed by a visit to the Smith College Fall Chrysanthemum Show. We will be leaving the senior center at 10:30. Kathy Perry (283-9891) is the chairlady for this event. There will be no charge for the flower show. We will be served a very nice three course luncheon at Yankee Pedlar. You will have a choice: Chicken Pot Pie, Grilled Salmon with garlic herb and butter or Roast Pork Loin w/apple cranberry stuffing. The price for lunch will be \$18. We will have a room to ourselves and this includes tax and gratuity. The van will be available for this event for a \$4 charge and we will car pool if needed. Nov. 4 is the deadline for signing up.

Friday, Dec. 4th is our Christmas Party. It will be at the Ludlow Country Club, social hour 11:30 to 12:30 followed by lunch. You will have a choice of Baked Boston Scrod, Chicken Picatta, or Yankee Pot Roast. We will be doing a baby shower with all baby items collected going to the Bethlehem House. Kathy Sowa represents the Bethlehem House, a pregnancy crisis center. Kathy Phipps (596-9938) is the chairlady for this event. We will also have two baskets to raffle as door prizes. Nov. 30 is the deadline for signing up. This is a self drive event.

Friday, Jan 15 we will be doing Let's Do Lunch. We are going to Olive Garden. Ginni McCombe (525-2916) is the chairlady for this event. Jan. 12 is the deadline for signing up for this event. We will order from the menu with separate checks. This is a self drive event. Feb. 9th is Fat Tuesday and we are having a Mardi Gras. Deb Gormley is (547-6583), Cindy Ellis (860-942-8013), and Ronni Meschke (543-4384) are co-chairs for this event. It will be held at The Gardens. Please call Deb Gormley to sign up for this event. There will be good food, fun things and a raffle.

Kathy Phipps, Queen Mum

Flu clinic

The Senior Center will be holding a flu clinic in November. If you are a Wilbraham resident, 18 and older and are uninsured, you qualify. Please contact Lee Giglietti, preferably on a Tuesday and Wednesday, during her normal working hours. 596-8379.

community calendar

Seniors play free pool EVERY DAY at Frankie B's Billiards & Sports Bar, located at 2957 Boston Rd in Wilbraham. Free play is Monday through Friday, 3 to 6 pm, and Saturdays and Sundays, 12 noon - 6pm. Questions? Call Frankie B's at 596-2423.

Open House at the Old Meeting House Museum on Sunday, Nov. 8 from 2:00-4:00 with a talk at 2:15 by Dennis Picard, Director of the Storrowton Village Museum on "Spooky Tales of New England". Free and open to the public.

American Parkinson's Disease Association's sponsored support group of Springfield's next meeting will be Wednesday, Nov. 4, 10:00 am to 12 pm. This group welcomes those diagnosed with the disease, those interested in learning more about it and the caregivers and friends assisting those coping with the disease. This month's speaker is Susan Stevens, MSCCCLP, a Lead Speech Rehab Therapist from St. Vincent Hospital in Worcester will present their program, and a device, which can assist speech, voice and swallowing issues associated with Parkinson's disease. We meet at the Jewish Community Center at 1160 Dickinson Street, Springfield. If you have questions, call Joyce Dupont at [413-323-4274](tel:413-323-4274) (JdupontB@aol.com).



VETERANS OFFICE NEWS

Under Chapter 115 of Massachusetts General Laws, the state provides a uniform program of financial & medical assistance for indigent veterans and their dependents. Qualifying veterans and their dependents receive necessary financial assistance for food, shelter, clothing, fuel, and medical care in accordance with a formula which takes into account the number of dependents and income from all sources. Eligible dependents of deceased veterans are provided with the same benefits as if the veteran were still living. To see if you qualify, please contact Richard Prochnow. Call **596-8379** for Veteran's Agent.

Help us save on postage—receive this newsletter by email!

If you would like to start receiving the monthly newsletter by email, please send a request with your **name and address** to: pdubord@wilbraham-ma.gov Each month you will be one of the first to receive the newsletter and help us save money.



Reiki Now Offered

Reiki is an ancient Japanese form of homeopathic healing that helps with general aches and pains, arthritis, relaxation, and sleep. The Wilbraham Senior Center welcomes Carleen Eve Fischer Hoffman, Reiki Master Practitioner. Carleen will be offering Reiki once a month, on the first Wednesday. Please call her directly at 525-7345 for an appointment. \$10 for 15-20 minute session. Appointments November 3 from 10 am-12:30pm.

ADS

DIRECTOR OF ELDER AFFAIRS:

Paula Dubord

ACTIVITIES/VOLUNTEER**COORDINATOR:**

Mary Ellen Schmidt

SOCIAL SERVICES**COORDINATOR/VETERAN'S****ADMINISTRATIVE ASSISTANT:**

Barbara Harrington

VETERAN'S AGENT:

Richard Prochnow

PUBLIC HEALTH NURSE:

Lee Giglietti, BS, RN, BSN

MEAL SITE DIRECTOR:

Ruth Bretta

SENIOR AIDE:

Jim Hiersche

WEEKLY VOLUNTEERS

Office: Ann Beardsley,

Evelyn Morris, Adell Teschendorf,

Jackie Daniels, Dorothy Soja

Dee Mitchell

Van: Peter Siuda, Gary Babineau

Jim Hendrickson

**IF YOU WISH TO UNSUBSCRIBE
FROM THIS NEWSLETTER
PLEASE CALL THE SENIOR
CENTER AT 596-8379**

ANNUAL NEWSLETTER FEE OF \$5 payable to the "Friends of Wilbraham Seniors".
Donations to the Friends of Wilbraham Seniors accepted at:

PO Box 705
Wilbraham, MA 01095

Meals served Mon at 11:45 a.m. in the lunch room.
Reservations must be made the Friday before by 10:00 a.m. Call 781-8800, ask for Jean in nutrition. \$2.00 donation requested.

**FRIENDS OF WILBRAHAM SENIORS
WILBRAHAM SENIOR CENTER
45B POST OFFICE PARK
WILBRAHAM, MA 01095-1179**

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**SENIOR CENTER HOURS:
Monday-Friday, 8:00-4:00**

PVTA Van Service

available by calling 739-7436.

Newsletter available online at
www.wilbraham-ma.gov

COUNCIL ON AGING MEMBERS:

Chairperson: Trant Campbell

Vice Chair: Robert Page

Secretary: Ellen O'Brien

Members: Theresa Munn, Gilles Turcotte,
Diane Weston, Father Panteleimon Klostri

Meeting: 1st Wednesday of each month at
the Senior Center at 4:00 p.m.

The Wilbraham Senior News is mailed monthly by the Friends of Wilbraham Seniors, Inc., for the Council on Aging. Typed contributions accepted by the 8th of each month mailed to:

Wilbraham Senior Center
45B Post Office Park
Wilbraham, MA 01095

Phone (413)596-8379 Fax (413)596-8546
Email: pdubord@wilbraham-ma.gov

SENIOR CENTER VAN TRIPS**MONDAY TRIPS:**

Nov 2-Stop & Shop

Nov 9-Big Y

Nov 16-Stop & Shop

Nov 23-Big Y

Nov 30-Stop & Shop

Pick ups begin at 9:00 a.m. All bus trips are \$2 round trip. Please call 596-8379 to sign up for any of these trips. Space is limited to the first 12 callers.

Around Town Trips on Tuesdays—call to reserve a seat!

Call 596-8379 to sign up today.

WEDNESDAY TRIPS

Nov 4-Eastfield Mall

Nov 11—CLOSED

Nov 18-Wal-Mart

Nov 25-Holyoke Mall

THURSDAYS TRIPS

Nov 5-Big Y

Nov 12-Stop & Shop

Nov 19-Big Y

Nov 26-CLOSED

